

**NEW in Richland!** Don't miss this *fun and informative* seminar....

# How to Unleash Energy *and* Motivation for Success

## WHO SHOULD ATTEND:

If you lack energy, feel you lack motivation, wish you could get rid of stress, than this seminar is just for you! Imagine what you could accomplish if you had unlimited energy and motivation to get stuff done!

## WHAT YOU WILL LEARN:

You will learn how to conquer procrastination, perfectionism, and self-doubt. You will discover the importance of personal inner strength, how to motivate yourself, and how to manage your stress so you can enjoy your life.

## Wednesday, November 7, 2007



The seminar leader, **Sandra Smith** is a trainer, motivational speaker and author. She is president of Aspire Seminars, an organization she founded in 2000. Aspire Seminars provides motivational and training events to individuals, agencies, and organizations. Each month Aspire Seminars provides training on various topics that include communication, customer service, and leadership and is proud to be sponsored by ICSEW. Sandra is author of *Get What You Really Want Without the Guilt*. To find out more about Sandra, please go to [www.aspireseminars.com](http://www.aspireseminars.com).

*"Sandra's techniques and the simple tools she shared are working; our employees still talk about the seminar and the positive effect it has had on them."*

—Lorne Sanford, Regional Administrator, Department of Labor and Industries

## *In one day, you will...*

- Learn five success blockers that can hold you back
- Discover how to break out of your comfort zone
- Learn the link between what you think and how you feel
- Discover the three steps to achieving success
- Learn how to drive up your energy and motivation
- Discover how to take control of your stress once and for all

**Seminar fee per person: \$99**

**We accept Purchase Orders**

*Cancellations must be made two days prior to the seminar. Substitutions will be accepted up through the day of the event.*

*Thank you! We appreciate your business!*

## *Register Today! Three Ways to Enroll!*

**On-line:** <http://www.icsew.wa.gov> (Event Info)

**Phone:** Wendy Sue Wheeler at 360.902.1972

**E-mail:** Wendy Sue Wheeler at [wschwheeler@agr.wa.gov](mailto:wschwheeler@agr.wa.gov)

### **Seminar Location & Date:**

Dept. of Ecology

3100 Port of Benton Blvd., Room 3A, 3B, and 3C

Richland, WA 99354

Wednesday, November 7, 2007 from 9:00 am to 4:00 pm

### **Please mail check for seminar to:**

Aspire Seminars

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(Incorporated Tax ID # 91-2012795)



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